

HealthPlex COVID-19 Precautions

The HealthPlex team has been working hard to ensure that the fitness center is safe and clean (as always). Each area (Play Center, pool, locker rooms, front desk, juice bar, fitness floor, group exercise rooms, gym, members' lounge, showers) has been deep-cleaned, disinfected and sanitized.

Masks are encouraged, but not required while inside the building.

Here's what to expect in each area:

HealthPlex

- Hours: Monday-Thursday, 5 a.m. - 9 p.m.; Fridays, 5 a.m. to 8 p.m.; Saturday, 7 a.m. - 5 p.m. and Sunday, 11 a.m. - 5 p.m.
- Pool closes 30 minutes prior to closing
- Door knobs, railings and other high-touch areas will be wiped down frequently
- Water fountains will not be available for drinking purposes
- Towel service is offered
- Limited availability of Massage services – See the Front Desk
- Hand sanitizers and hospital-grade cleaning supplies/wipes have been conveniently placed throughout the facility
- Members' bags, jackets, keys, hats, etc. are not allowed on the fitness floor (personal items should be placed in lockers or on hooks against the back wall on the fitness floor)

Front Desk/Lobby

- Furniture has been re-upholstered for easier sanitization
- Tables/chairs have been rearranged to ensure social distancing

Fitness Floor

- Exercise equipment has been re-positioned to promote social distancing
- High-touch equipment (i.e., weight belts, cable attachments, kettle bells, mats) will be checked out and cleaned after each use
- Members are expected to clean equipment after completing each exercise

Group Fitness Rooms

- Social distancing is encouraged

Pools

- Four lap lanes will be open (3 for swimming, 1 for walking/water exercises)
- There is a 45-minute limit on each lane
- Swimmers must rinse off in shower located on the pool deck prior to entering the water
- Fins and kickboards will be provided and returned to a separate bin to ensure proper sanitization after each use

Gymnasium

- Basketballs can be checked out at the front desk
- Group fitness classes may be scheduled in the gym

Play Center

- Members will not be permitted beyond child drop-off point
- All children will have temperatures checked upon arrival

Membership/Billing

- Touchless payment options (credit/debit cards) are preferred over cash and checks
- Credit cards can be placed on members' accounts to avoid cash transactions

Friendly Reminders

- Masks are not required, but strongly encouraged
- Keep as much distance as possible between you and other members
- Wash hands frequently during your workout
- Stay home if you are not feeling well, have a fever, showing signs of respiratory symptoms or have been in close contact recently with someone who has COVID-19
- Avoid shaking hands, hugging, etc. to respect social distancing guidelines